

WHAT TYPE OF WORK AT HEIGHT ARE YOU DOING?

ROPE ACCESS SYSTEM (ABSEIL)

A rope access system commonly employs a working line and a safety line. The working line, on which the operator is suspended under tension during ascent and descent, is the primary means of access. Depending on the mass of the operator, the anchor is subject to a continual force of 1-2kN, which should be applied in a static manner.

WORK POSITIONING SYSTEM

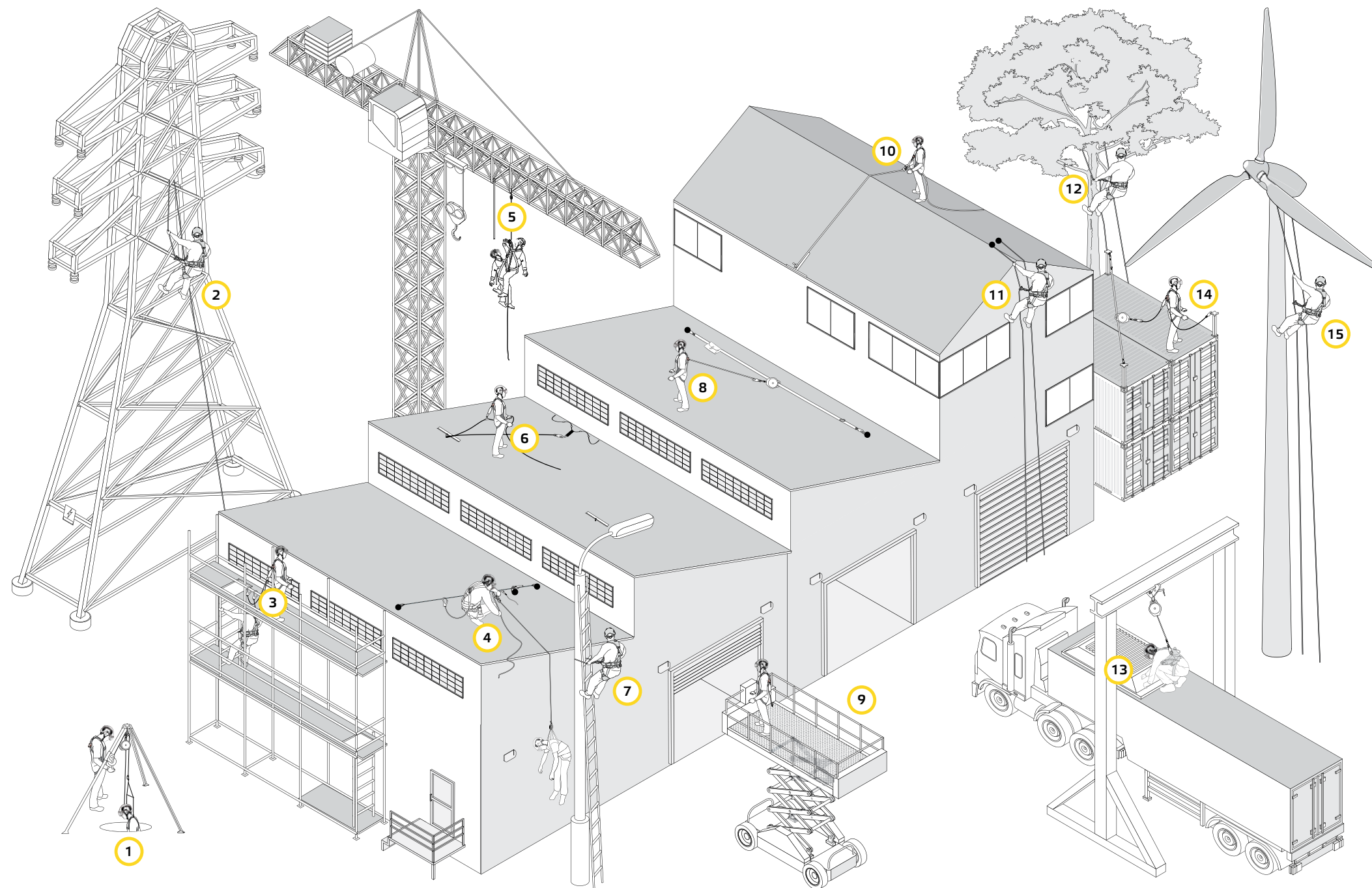
Work positioning systems enable a person to work supported in a harness under tension in a way that a fall is prevented. Generally the arrangement allows for the worker to maintain a stable position and to work hands-free while completing a task.

TOTAL RESTRAINT SYSTEM

A total restraint system is a full-body harness that is connected by an energy absorbing lanyard to a suitable anchorage point or horizontal lifeline. The system is set up to keep the worker from reaching the edge.

FALL ARREST SYSTEM (FREE FALL)

A fall arrest system is designed to support and hold a person in the event of a fall. It is not a work positioning system as they are not designed to support a person while working.



- 1 CONFINED SPACE
- 2 TECHNICAL RIGGING
- 3 SCAFFOLDING
- 4 ROOF RESCUE
- 5 RESCUE BY DESCENT
- 6 DIVERSIONARY ANCHOR POINTS
- 7 LINEMAN & RIGGING
- 8 TEMPORARY STATIC LINE
- 9 MEWPS
- 10 METAL ROOF ACCESS
- 11 FACADE ACCESS
- 12 ARBORIST
- 13 LOADING DOCK
- 14 CONTAINER ACCESS
- 15 WIND TOWER